

March 2010

FamilyReadinessNewsletter

Special points of interest:

Commander's Message

Family Readiness Meeting

Women's History Celebration



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Welcome to March 2010 issue of the Family Readiness Newsletter! We continue to provide you with information to help improve the quality of your life as a Marine (and as family members of Marines) assigned to Marine Corps Detachment, Fort Lee, Virginia through the numerous programs and services available to service members and their families. If you are aware of any information or activities that would be beneficial to Marines and family members please contact the detachment Family Readiness Officer, Mrs. Liggon.



Commanding Officer, Marine Corps Detachment
LtCol Joseph F. Monroe



1st Sgt Robert Bailey
1st Sgt, Marine Corps Detachment,
Fort Lee, VA

Commanding Officer LtCol J. F. MONROE

Senior Enlisted Advisor 1st Sgt R. L. BAILEY

The winter ends with March, and end comes Spring. Spring in the northern half of the world begins with March 19, 20, or 21. Its days are close to twelve hours long with increasing day length, as it occurs near the time of an equinox. Spring runs from March into June. March can either feel wintry or springy, with as many blustery, windy days as there are mild, sunny days. As the seasons change, our activities will also change. We will begin enjoying more outside events and must review our safety precautions for our outdoor activities.

Saint Patrick's Day is also celebrated on March 17th, the feast day of Saint Patrick, the patron saint of Ireland. It is a national holiday in Ireland. It also is celebrated outside of Ireland in cities with a large number of people of Irish descent. In Ireland, St. Patrick's Day is primarily a religious holiday. People honor Saint Patrick by attending special religious services, enjoying family and community gatherings, and wearing shamrocks. St. Patrick's Day is primarily a secular holiday in the United States. Many people wear green clothing, and they hold parties and march in parades. The first St. Patrick's Day celebration in the United States was held in Boston in 1737. Today, more than 100 cities hold parades. The parade held in New York City is the largest.

Marine Corps Detachment March Birthdays



PFC Hill 1 Mar

GYSGT FLORENTINO 2 MAR

GYSGT LEE 2 MAR

PFC OSHEA 2 MAR

LCPL CARLIN 3 MAR

SGT MERTINS 3 MAR

CWO4 VARGAS 5 MAR

SSGT WENDT 7 MAR

PFC SHEIKH 8 MAR

PVT HURST 11 MAR

PFC HARRIS 15 MAR

SSGT LANTIGUA 15 MAR

CPT YOUNG 15 MAR

SSGT PERRY 20 MAR

CPL WILSON 20 MAR

SSG LOZANO 21 MAR

GYSGT LUNDQUIST 22 MAR

PFC MCGUINNESS 23 MAR

CPT FAIRLEY 26 MAR

SSGT VELEZ 26 MAR

PVT RONDA 28 MAR

PVT SKEFFINGTON 28 MAR

PVT MOULTON 29 MAR

LCPL GRAY 31 MAR



Marine Corps Detachment
Fort Lee, Virginia

Invites

Who? Marines, civilian employees and families

To

What? Monthly Family Readiness Meeting

When? 11 March 2010

Where? Marine Corps Detachment Headquarters Bldg # 9302
2nd Floor Lounge

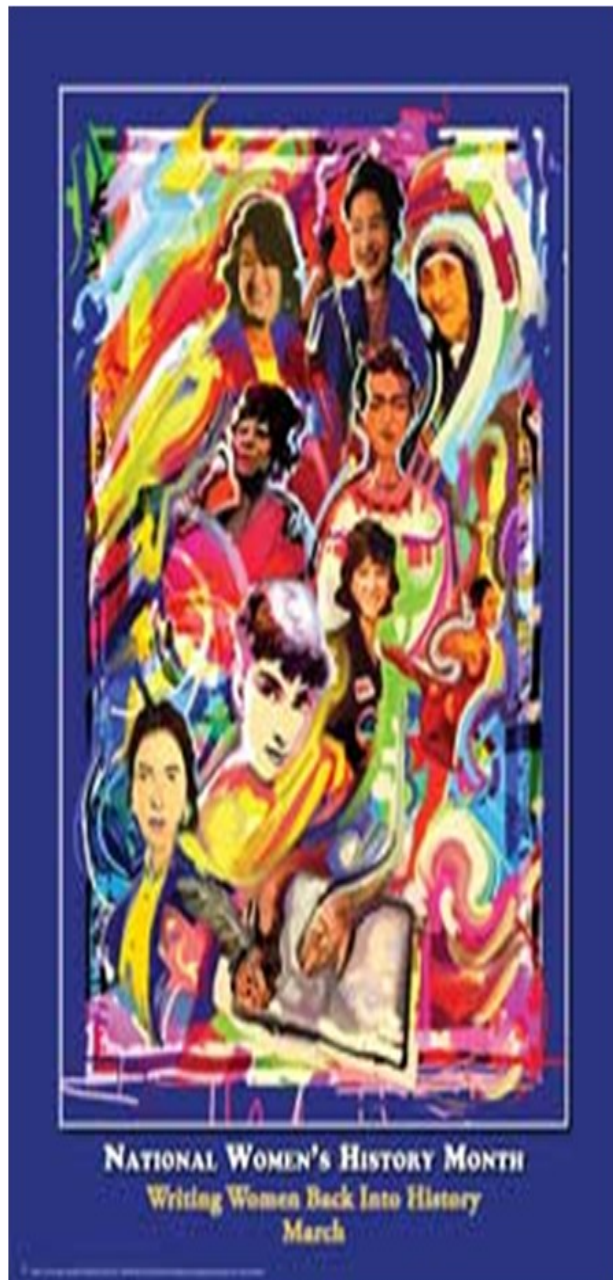
Time? 1800-1900 Hours

Point of Contact: Mrs. Liggon @734-6391/731-7948 and

delice.lyton.liggon@us.army.mil

Refreshments will be provided.

**WOMEN'S HISTORY MONTH
OBSERVANCE**
"WRITING WOMEN BACK INTO HISTORY"



THE AERIAL DELIVERY AND FIELD SERVICES
DEPARTMENT INVITE YOU TO COMMERATE
"THE WOMEN'S HISTORY MONTH OBSERVANCE"
WITH TWO EXCITING EVENTS:

10 MARCH 2010: MCLANEY DROP ZONE 1000 HRS
FT LEE'S FIRST ALL FEMALE PARATROOPER JUMP

18 MARCH 2010: BLDG 6025, 1130 - 1230 HRS
"I AM AN AMERICAN WOMAN" PROGRAM

GUEST SPEAKER:
COL GWEN BINGHAM
CHIEF OF STAFF, CASCOM

Installation News Flash

Fort Lee has a variety of activities to keep you informed, educated, entertained and family focused. There are activities for each family member. Please review the information provided and we hope it can assist in your plans.

Skateboard Design Class

Skateboard Design Art will take place at the Frame Shop, 1 March-April 23, 4:30-6 p.m. Youth will learn a variety of techniques and applications to create skateboard graphic designs. All supplies will be provided. For details, call (804)-765-3852.

PWOC Bible Studies

The Protestant Women of the Chapel meets Thursdays, 09:30-11:30 a.m., in the Memorial Chapel Fellowship Hall. Free watchcare is provided. Evening studies are set for Wednesdays, 5:30-6:30 p.m. For details, call (804)-732-4541.

Library Hours

The Army Logistics University is now open in the ALU education building 12420. The library, centrally located on the second and third floors, also contains the Fort Lee Community Library. The hours are Monday– Friday, 8 a.m.—9 p.m.; Saturday, 10 a.m.-7 p.m.; and Sunday, noon-6 p.m. For details, call (804)-765-8095.

Pilates

Strengthen abdominal muscles and tone the whole body in the high-energy Pilate class Tuesday and Thursday, 6:15 -7:15 p.m. Cost is \$4 per class or 10 classes for \$20. For details call, (804)-734-6198.

Step Kick Class

Step kick classes are set for Saturdays at MacLaughlin Fitness Center, 10:15-11:15 a.m. The class is open to all fitness levels. The cost is \$4 per class or 10 classes for \$20. For details, call (804)-734-6198.



Army Community Service (ACS) Center serves as the installation's primary coordinating resource agency. ACS provides a multitude of community based services that foster growth, development, and readiness of families assigned to the installation. We have provided you the information for the Month of March.

Relocation and Readiness

Army Community Services will conduct training classes for Relocation and Readiness in building 9023.

Sponsorship — Mar 15, 10:00 a.m.

Immigration/Citizenship—Mar 22, 10:00 a.m.

Newcomers Briefing held at ACS every Monday and Wednesday at 1500 hours.

For details, call (804)-734-6388.

Financial Readiness Training Schedule

Army Community Service will conduct training classes for the Financial Readiness in building 9023.

Consumer Advocacy & Rights—Mar 8, 13:00-1500 p.m.

Planning for Baby—Mar 9, 1300-1500 p.m.

Personal Finance Management— Mar 10, 13:00-1500 p.m.

Misuse of Checking Privileges—Mar 11, 1300-1500 p.m.

Financial Planning—Mar 17, 1300-1500 p.m.

Basic Money Management—Mar 18, 1300-1500 p.m.

Developing a Spending Plan—Mar 18, 1300-1500 p.m.

Thrift Savings Plan—Mar 22, 1300-1500 p.m.

Auto Purchasing—Mar 23, 0900 a.m.

Home Buying—Mar 24, 0900 a.m.

For details, call (804)-734-6388.

Family Advocacy Program Training Schedule

Anger Management—Mar 1, 0900 a.m.

Stress Management—Mar 3, 0900 a.m.

Baby Basic Training—Mar 11, 0930 a.m.

1,2,3,4 Parenting—Mar 18, 0930 a.m.

For marriage enrichment classes and parenting classes with children above 4 years of age, call (804)-734-7353.

For details, call (804)734-6381

Quick Reference to Important Services



Greetings Marines and Marine families!

As your Family Readiness Officer it is my mission to collect and make readily available information for all of our Marines and their families to help improve their quality of life around base and wherever their journeys take them. I'd like to take this opportunity to extend an invitation to all of you to come and sit in at our monthly meetings. The next meeting is currently scheduled for 11 March 2010 here at our Marine Corps Detachment Building in the Lounge from 6 p.m. to 7 p.m. It is an absolute honor to be able to work with this fantastic community of professional Marines and their families, and a privilege. I am having a great time and will continue to provide outstanding support!

Mrs. Delice Liggon
Family Readiness Officer
delice.lyton.liggon@us.army.mil
(804)-734-6391 or (804)-731-7948.
804-734-6391
Email: delice.lyton.liggon@us.army.mil

Self Care Classes for Parents, Kenner Army Health Clinic's Wilkerson Pediatric Clinic offers instruction on the appropriate use of commonly used over the counter medications on the first Thursday of each month. After completing the hour long course parents will be able pick up a selected list of over the counter medications, including Tylenol and cold medicines without making an appointment to see a provider. For details, call (804)-734-9125 or visit the clinic.

Chain of Command/Concern, The first person to contact when you need assistance to resolve issues should be at the lowest possible level. If you feel your resources are exhausted at one level, notify the next level up the Chain. For more information contact Mrs. Delice Liggon, Family Readiness Officer for more info, (804)-734-6391 or delice.lyton.liggon@us.army.mil

Chaplains and the Family Life Center, Chaplains are great listeners and are well versed in the resources available to service and family members. It is always good to be listened to and not judged, to be able to receive someone else's point of view and learn what others may have done as a successful solution to their issue. Chapel (804)-734-5169

Community Mental Health (command or self referred), Provides psychology services, psychiatrist services and supportive counseling, (804)-314-7558.

Army Substance Abuse Program for Active Duty and Family Members (command or self-referred), Provides substance abuse counseling and training, (804)-734-9180.

Morale, Welfare and Recreation, Provides adequate living and working environments and wholesome family support systems to include services from physical fitness, lodging, outdoor recreation, libraries, bowling, auto crafts, golf course, and more. To find out more about MWR call (804)-734-7156.

Red Cross Services, Provides services to military and civilian members. To make an emergency message call 1-877-272-7337; also birth, illness and death notice, contact home, health and welfare messages can be sent. Marines and family members should contact the Red Cross closest to them to send a message. Marine's name, rank, SSN, unit and location will be needed. The Southeastern Virginia American Red Cross chapter has a different website address now. It is: <http://www.seva-redcross.org>.

Employment Readiness Program, Provides current information on upcoming employment opportunities @http://www.ima.lee.army.mil/sites/cpac/General/Emp_Info.htm

Post High School Education Opportunities, Provides students resources for planning during the Post High School years @<http://posthighschoolplanning.com/>